

# DINNERLY



## Feed A Crowd: Beef and Bean Enchiladas

Same Meal Price, More Servings!



35 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.



## WHAT WE SEND

- 1 onion
- 2 tomatoes
- 400g black beans
- beef mince
- 20g smoky barbecue seasoning<sup>17</sup>
- 2 x 6 flour tortillas<sup>1</sup>

## WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 2 tbs barbecue sauce
- olive oil spray (optional)

## TOOLS

- oven tray
- baking paper
- large deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 620kcal, Fat 25.4g, Carbs 60.4g, Proteins 31.8g



### 1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Thinly slice the **onion**. Cut the **tomatoes** into 1cm chunks. Crush or finely chop 2 **garlic cloves**. Drain and rinse the **black beans**.



### 2. Brown beef

Heat 1 **tbs olive oil** in a large deep frypan over medium heat. Cook the **onion**, stirring occasionally, for 6-7 mins until softened. Increase the heat to high. Add the **beef mince** and **garlic** and cook, breaking up the lumps with a spoon, for 3-4 mins until browned.



### 3. Add beans

Add the **beans**, **barbecue seasoning**, 2 **tbs barbecue sauce** and 125ml (½ cup) **water** to the beef and stir to combine. Bring to the boil, then reduce the heat to medium-high and cook, stirring occasionally, for 8 mins or until thickened. Taste, then season with **salt and pepper**. Remove the pan from the heat.



### 4. Bake enchiladas

Put the **tortillas** on a clean work surface (see Feed A Crowd). Spoon the **beef and bean filling** down the centre of each tortilla and roll to enclose. Put on the lined tray, seam side down, and spray or brush with **olive oil**. Bake for 10 mins or until golden.



### 5. Serve up

Scatter the **tomato** over the **enchiladas**, divide among plates and enjoy!



### 6. Feed A Crowd

Feeding a large crew usually means lots of prep, so ask others to help out with filling and rolling the tortillas.